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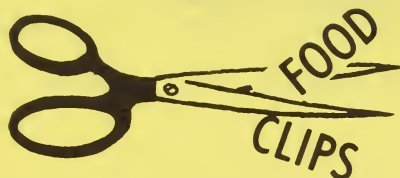
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Food and Home Notes

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What is a "lamb cushion shoulder?" It is a square, flat piece of meat formed by removing bones from a shoulder and leaving a pocket which can be stuffed.

Gravy and broth are both highly perishable and should be cooled quickly--refrigerate and use within 1 or 2 days, warns U.S. Department of Agriculture home economists.

The term "braising" means to cook by steam trapped and held in a covered container or foil wrap. The source of steam may be water or other liquid added to the meat, or it may be meat juices alone.

If you like to marinate...try marinating lamb or other kind of lean meat in a seasoned mixture of half oil and half vinegar or other acid ingredient for several hours in the refrigerator before broiling.

An easy way to cut down on calories--if you're calorie watching is to simply trim visible fat from meat--before preparing it.

CHEAP AND EFFECTIVE ---Flameproofing Treatment

A new flameproofing treatment for wool, wool-blended fabrics, and nylon could help eliminate some of the thousands of fatalities caused every year by flammable fabrics. An economical, easy to apply, non-irritating treatment may be applied. It doesn't even wash out of treated fabrics after 10 day cleanings or washings (in mild detergent) at room temperature.

Tetrabromophthalic anhydride (TBPA) applied to fabric during dyeing is an effective flame retardant. It works on clothing, blankets, carpets, and upholstery according to the Agricultural Research Service of the U.S. Department of Agriculture.

When ignited, the treated wools completely extinguish themselves in a vertical flame test, standard laboratory results show. Another plus is this treatment has little or no effect on the dyes used, nor the fabric softness.

LEBANON BOLOGNA ANYONE ?



In the picture on the left, Dr. Palumbo prepares the ground meat mixture just before it is salted and aged for 10 days--an important part of the process for Lebanon bologna.

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Microbiologists Samuel A. Polumbo (in bottom print) and James L. Smith are shown as they stuff casings with meat before curing. They are shown at the ARS Eastern Regional Research Center in Philadelphia--of the U.S. Department of Agriculture.

NEW U.S.D.A. RESEARCH ON IT

Lebanon bologna, the highly smoked, spiced, and fermented beef sausage that has been a favorite product of the Pennsylvania Dutch so long may soon be available to everybody -- not just in southeastern Pennsylvania. Microbiologists and food technologists in the U.S. Department of Agriculture's Eastern Regional Agricultural Research Center in Philadelphia have been trying to duplicate the product in their laboratories.

Years ago the meat was aged in old barrels -- and this was thought to be an important part of the process to build up the desirable microbial flora. Processing experiments by Agricultural Research microbiologists have found that new wooden barrels are just as effective. Even plastic-type bags may be used. The amount of salt with which the meat is aged apparently is the critical item. Three percent has been found to be the right amount to give the product a good color and texture.

Ten days were required for adequate aging -- then the potassium nitrate was added along with sugar and spices. Then the meat was finely ground and stuffed into casings for curing. The bolognas were cured by incubating them in a modern air-conditioned smokehouse under the same general conditions as used in the days of old.

Lebanon bologna is made by coarsely grinding beef; adding salt; aging at low temperature; adding nitrate, sugar and spices; finely grinding and stuffing into casings for curing with smoke; and then mellowing at low temperatures. Composition of this commercial product contained less fat and they were somewhat higher in acidity. Experimental bolognas were similar in composition to the commercial product -- but contained less fat and were somewhat higher in acidity. Taste panels testing the new product found that they preferred the experimental bolognas.

COST OF FOOD AT HOME FOR A WEEK (January)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$27.90	35.00	\$41.70
Elderly couple.....	24.90	30.70	36.50
Family of 4 with preschool children.....	39.50	49.10	58.60
Family of 4 with elementary school children.....	47.90	59.90	71.50
Individuals*			
Women			
20-54 years.....	11.30	14.10	16.70
55 years and over.....	10.20	12.50	14.80
Men			
20-54 years.....	14.10	17.70	21.20
55 years and over.....	12.40	15.40	18.40
Children			
1-2 years.....	6.40	7.80	9.30
3-5 years.....	7.70	9.50	11.40
6-8 years.....	10.00	12.50	14.90
9-11 years.....	12.50	15.60	18.70
Girls 12-19 years.....	11.90	14.60	17.40
Boys 12-14 years.....	13.40	16.60	19.80
15-19 years.....	14.70	18.30	21.90

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.